The Interface Between Consumers and Their Food Environment: Identifying Points for Intervening to Improve Food Choices

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Abstract

The global food system is not delivering for nutrition. Globally, 155 million children are stunted, 52 million are wasted and approximately two billion are deficient in key micronutrients. At the same time, over two billion adults worldwide are overweight or obese. Many countries are now simultaneously tackling multiple burdens of malnutrition: 88% of countries are facing a serious burden of at least two forms of malnutrition. Changing diets are one of the main contributors to the increase in the multiple burdens of malnutrition in low- and middle-income countries (LMICs) and food environments are likely driving these changes. However, little is known about the food environments in many LMICs and there is a lack of well accepted methods for measuring them. This talk will present a case study of an exploratory mixed-methods approach to mapping the food environment in Myanmar with the view to identifying interventions aimed at tackling the multiple burdens of malnutrition. It will also discuss the potential for strengthening this methodological approach and its application to other case studies both in LMIC and high-income country contexts.